

# PERSONAL SOCIAL NETWORKS AND RESILIENT COPING IN ADVANCED AGE

OC07 — ORAL COMMUNICATION

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## Faculty Disclosure

<input checked="" type="checkbox"/>	No, nothing to disclose
<input type="checkbox"/>	Yes, please specify:

# SOCIAL NETWORK AND ADVANCED AGE

## **Factors with cumulative effects:**

- Network contraction
- Decrease in renewal opportunities
- Less energy to activate, maintain and mobilize network links
- Generational losses

## ADVANCED AGE - MAIN IMPACTS

- Aversive effects in interpersonal situations leads to avoidance behaviors
- Increase in physical and interpersonal distance leads to resistance in developing new contacts
- Difficulties in interpersonal relationships

# ADVANCED AGE - MAIN IMPACTS

- **Mobility restrictions** leads to **less opportunities** for social contacts and **isolation**
- **Less opportunities to explore** contexts in which new contacts and bonds demand the presence and interaction with others
- **Less autonomy and limited social contacts**

# HOW TO DEAL WITH THESE IMPACT FACTORS

- Focus and promote the development of primary social networks
- Optimize the use of secondary social network resources
- Increase the network efficacy for an autonomous problem resolution
- Several intervention modalities: new social networks, promote and broaden the network, encourage family bonds and improve the use of social services

# RESILIENT COPING

Older adults who are able to actively adapt to environmental and biological challenges related to aging process are the ones showing resilience (Fuller-Iglesias, Sellars & Antonucci, 2014).

# PERSONAL SOCIAL NETWORKS IN PORTUGUESE ELDERLY - PROJECT

General Aim:

- Describe the personal social networks of elderly portuguese people by their structural characteristics, functions and satisfactions.
- Cross analyse demographic variables, families, relationships, socio-professional, psychological, health and social participation.



## OBJECTIVES

1. Assess personal social networks configurations in the elderly
2. Contribute to the evaluation of levels of resilient coping in the elderly
3. Explore the existence of differences in personal social networks according to different coping levels

# INSTRUMENTS

- **Socio demographic questionnaire**
- **IARSP – Idosos** (Guadalupe & Vicente, 2012)  
Questionnaire of Personal Social Networks
- **Brief Resilient Coping Scale (BRCS)** (Sinclair & Wallston, 2003)



# RESULTS

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**TABLE 1**  
**PARTICIPANTS SOCIODEMOGRAPHIC CHARACTERISTICS**

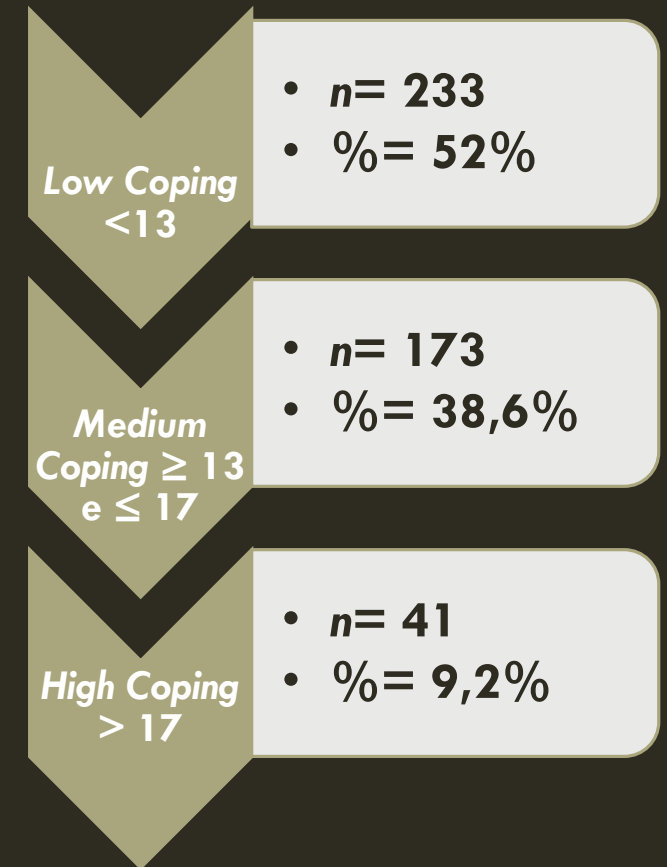
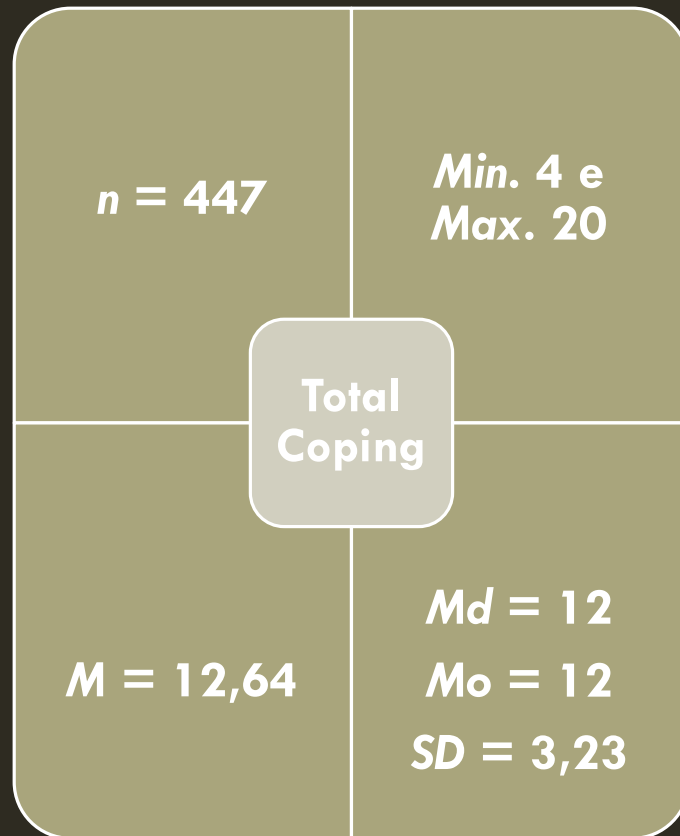
n	<i>n</i>	%	Descriptive Statistics
<b>Gender</b>			
<b>Female</b>	287	64,1	Mo = Female
<b>Male</b>	161	35,9	
<b>Age</b>			
<b>&lt;= 75</b>	221	49,3	M = 76 years old
<b>76 – 85</b>	166	37,1	SD = ± 7,6
<b>86+</b>	61	13,6	

CONT.

	<i>n</i>	%	Descriptive statistics
<i>Marital Status</i>			
Single	36	8,0	
Married	230	51,3	Mo = Married
Widow	161	35,9	
Divorced	21	4,7	
<i>Offspring</i>			
Yes	390	87,1	Mo = Yes
No	57	12,7	
<i>Household</i>			
Lives alone	89	19,9	Mo = lives with others
Lives with others	359	80,1	
<i>Educational level</i>			
No read or write	72	16,1	
Read & write	82	18,3	
Primary education	226	50,4	Mo = Primary education
Lower secondary education	17	3,8	
Upper secondary education	23	5,1	
Post-secondary non-tertiary education	9	2,0	
High School	19	4,2	

**TABLE 2**

*DESCRIPTIVE STATISTICS OF TOTAL COPING  
COPING FREQUENCY BASED ON THREE CUTT-OFF POINTS*



**TABLE 3**  
**STRUCTURAL CHARACTERISTICS OF PERSONAL SOCIAL NETWORKS AND**  
**COPING**

Coping	Low Coping <13 (n=223)	Medium Coping ≥ 13 e ≤ 17 (n= 173)	High Coping > 17 (n= 41)	
	<i>M (SD)</i> <i>(Min-Max)</i>	<i>M (SD)</i> <i>(Min-Max)</i>	<i>M (SD)</i> <i>(Min-Max)</i>	
Proportion of friendship (structural characteristics)	9,24 (15,78) (0-100)	15,89 (25,66) (0-100)	16,29 (21,49) (0-69,23)	$\chi^2_{kH} = 7,74$ $gl=2$ ( $p=0,02$ )
Proportion of work relationship (structural characteristics)	0,12 (1,37) (0-16,67)	1,11 (5,42) (0-36,36)	0,10 (0,61) (0-3,70)	$\chi^2_{kH} = 7,86$ $gl=2$ ( $p=0,02$ )

Table 4

*Functional characteristics of personal social network and coping*

Coping	Lower Coping <13; n=233	Mediun Coping $\geq 13$ e $\leq 17$ ; n=173	High Coping > 17; n=41	
	M (SD)	M (SD)	M (SD)	
	(Min-Max)	(Min-Max)	(Min-Max)	
Emocional Help (functional characteristics)	<b>2,58</b> (0,41)	<b>2,69</b> (0,38)	<b>2,78</b> (0,26)	$\chi^2_{kH} = 18,48$ gl= 2 p<0,001
	(1,25-3,14)	(1-3)	(2,28-3)	
Social Companionship (functional characteristics)	2,30 (0,48)	2,42 (0,46)	2,33 (0,38)	$\chi^2_{kH} = 5,95$ gl= 2 p= 0,05
	(1,11-3)	(1-3)	(1,63-3)	
Social Help (functional characteristics)	2,75 (1,96)	2,91 (2,20)	3,75 (3,18)	$\chi^2_{kH} = 6,13$ gl= 2 p= 0,05
	(1,21-13,51)	(1,36-15)	(1,83-12,98)	
Reciprocated Help ((functional characteristics)	3,18 (0,96)	3,52 (0,73)	3,58 (0,93)	$\chi^2_{kH} = 26,83$ gl= 2 p<0,001
	(1-4)	(1-4)	(1-4)	
Network Satisfaction (functional characteristics)	2,75 (0,47)	2,91 (0,29)	2,96 (0,21)	$\chi^2_{kH} = 22,14$ gl= 2 p<0,001
	(1-3)	(2-3)	(2-3)	



# TABLE 5

## *CHARACTERISTICS OF CONTEXTUAL RELATIONS OF PERSONAL SOCIAL NETWORK AND COPING*

Coping	Lower Coping <13; n = 233	Medium Coping $\geq 13$ e $\leq 17$ ; n = 173	High Coping > 17; n = 41	
	M (SD) (Min-Max)	M (SD) (Min-Max)	M (SD) (Min-Max)	
<b>Durability of relations between members</b>	40, 56 (11,27) (8-71)	42,43 (11,72) (10-74)	36,45 (9,88) (17,92-62,30)	$\chi^2_{kH} = 10,64$ gl= 2; p< 0,001
<b>Frequency of contact</b>	2,34 (1,01) (1-5)	2,08 (0,88) (1-5)	2,06 (0,95) (1-5)	$\chi^2_{kH} = 7,54$ gl= 2; p= 0,03

# CONCLUSIONS

- Higher coping levels are related to personal social networks with a bigger group of friends

Os nossos resultados permitem-nos afirmar que níveis de *coping* mais elevados estão relacionados com redes sociais pessoais com um maior quadrante de amigos

- Lower coping levels are related to bigger family networks

enquanto níveis de *coping* mais baixos estão associados a redes com maior número de familiares. ???

- In conclusion, both networks are homogeneous because they are both coposed by family members. These results seem to reflect the importance of coping in resilient of activating other social relationship for the elderly besides their families.

Os inquiridos, na globalidade, apresentam redes homogéneas, já que a sua rede social pessoal é constituída, maioritariamente por familiares. Estes resultados parecem refletir a

É consabido que as relações familiares estão associadas ao parentesco, pelo contrário, fomentar relações extra familiares é um processo que necessita que as pessoas idosas reúnam um conjunto de condições físicas e psicológicas para que se sintam dispostos a criar novas amizades.

Assim sendo, parece-nos hipoteticamente correto afirmar que quanto mais recursos psicológicos as pessoas idosas beneficiarem, mais predispostos vão estar para se relacionar com outras pessoas, para além dos membros da família.



Thank you for your attention!